



Mission Statement

The Women's Mental Health Center:

- Serves women veterans through compassionate, innovative and quality patient care in a safe and supportive environment.
- Educates and empowers women to obtain their optimal health.
- Promotes excellence in research and education in areas of importance to the mental health of veteran women.
- Provides quality training to emerging health care professionals about the mental health needs of veteran women.

Services and Treatment

1. Innovative Treatments

We offer both established and cutting-edge treatments.

2. Community Support

We provide numerous opportunities for women veterans to benefit from a community of women veterans.

3. Supportive Network

We offer many opportunities to establish supportive networks with providers and referral sources.

4. Advanced Research Center

We pursue education and research designed to advance the clinical care and knowledge of women veterans.

5. Psychoeducation

We offer women veterans mental health psychoeducation and opportunities to develop new skills.

6. Warm and Supportive Staff

Our team is deeply committed to the care of women veterans. We believe it is imperative to consistently demonstrate the respect and compassion we feel towards the women we serve.

7. Continuity of Care

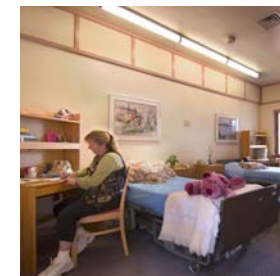
We believe in coordinating care between all participating mental and medical care providers to ensure optimal treatment.

8. Tranquil Environment

Those who come to our center appreciate our attractive building and especially our beautiful and peaceful grounds.

Women's Trauma Recovery Program

The Women's Trauma Recovery Program (WTRP) is a 60-day residential post-traumatic stress disorder (PTSD) and military sexual trauma (MST)



treatment program for women veterans. Established in 1992, the WTRP is part of the National Center for PTSD and serves women who are coping with the aftermath of trauma. The program serves women of all eras and is open to women from across the country. The WTRP is a recognized model for women's trauma recovery combining leading research, clinical expertise and an interdisciplinary approach to pursue a common mission – improving the mental health of women veterans.



National Treatment Leaders

We lead the nation in exploring cutting-edge treatment for women veterans, such as:

Acceptance and Commitment Therapy (ACT)

ACT is a powerful therapy that helps women veterans live more fully according to personal values, while also making life enhancing choices.

Cognitive Processing Therapy (CPT)

We are examining the effectiveness of CPT, a highly-regarded therapy found to be beneficial for PTSD and depression following traumatic events.

Seeking Safety

Our Center was one of the first programs to implement Seeking Safety, a successful treatment for PTSD, MST and substance abuse.

Self-Defense

Research is currently ongoing to evaluate the Women's Self-Defense Project, a comprehensive course that empowers women veterans with a history of sexual assault to build new skills for coping with their trauma history and preventing further victimization.



Despite the adversity in these women's lives, they readily offer support and guidance to the "band of sisters" who follow them.



"After long years of self-destructive thoughts and behaviors, after 30 years of feeling alone and terribly unique, I found I was neither alone nor unique. The program did not 'fix' me, but it gave me the tools to start believing in myself." – DJ

*For further information
or referral contact:*

Women's Mental Health Center

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"It's unbelievable how much fear can dictate life when you let it. I was committed to the program and the payoff was three unforgettable months with some of the most remarkable and genuine people I have ever met."
– Joann



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